

Building Better Health

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2012

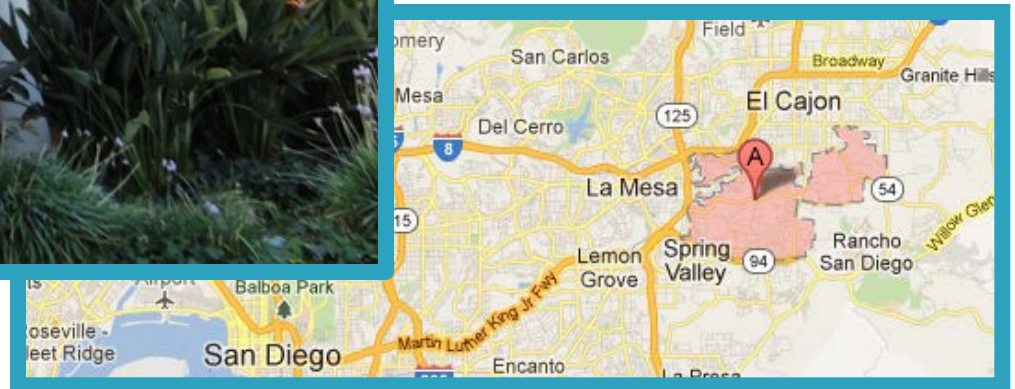
LIBRARY OF
THE YEAR



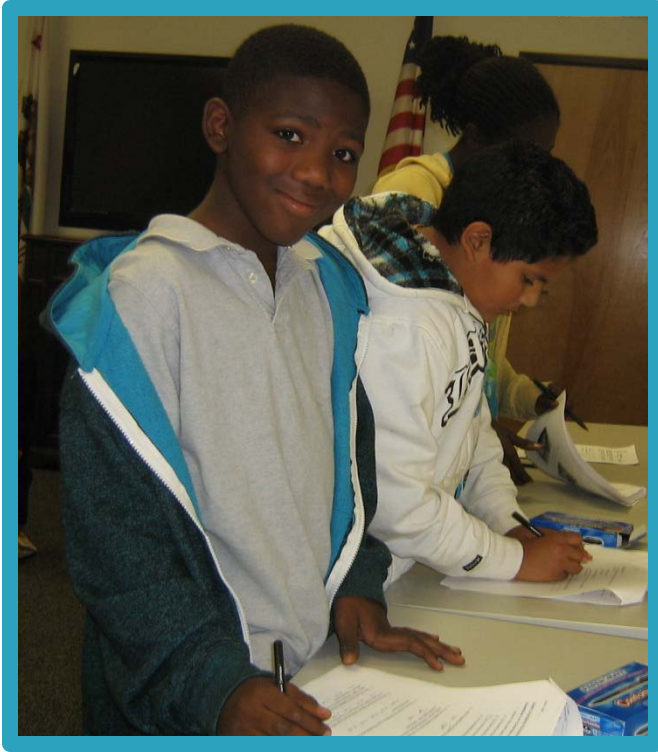
Casa de Oro Branch Library



- ▶ 6,200 s.f.
- ▶ Community Room: 500 s.f.



The Spark: Fit & Fun

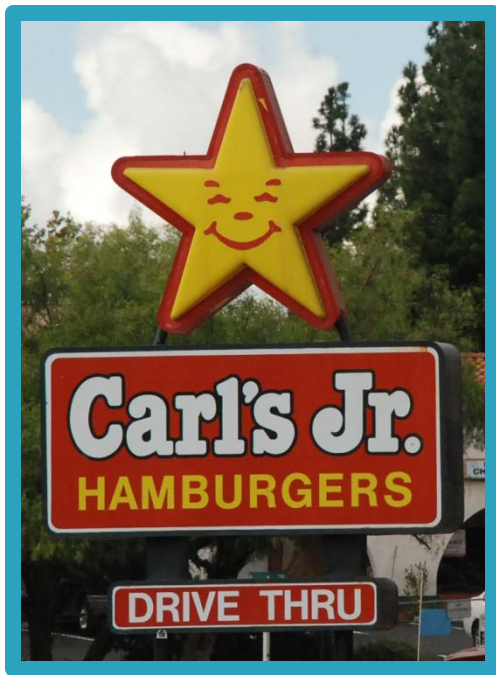


Higher rate of obesity, diabetes and preventable disease than the national average



Reality

- ▶ Spring Valley has misconceptions about their health and their healthy behaviors



Building Better Health



- ▶ In line with SDCL and County's Strategic Plans

Fitness Classes



Application Assistance



Weight Management Series

- ▶ Nutrition/Exercise Workshops
- ▶ Exercise Demonstrations
- ▶ Healthy Cooking Classes



Health Screenings

- ▶ Glucose, heart health & weight screenings



Results





Partners

- ▶ Healthy Adventures Foundation
 - www.healthyadventuresfoundation.com
- ▶ La Maestra Community Health Center
 - www.lamaestra.org
- ▶ Alessandra Eck, Zumba Fitness
- ▶ Meet Me at the Dinner Table
 - www.meetmeatthedinnertable.com